JDYOUNG

Allergen Book

Review Date	Reviewed By

DISHES AND THEIR ALLERGEN CONTENT

Starters

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Grilled halloumi and roasted mixed pepper bruscheta		X				X	X							X
Sticky Wings - Piri piri														
Sticky Wings - BBQ					X				X				X	
Breaded Prawns		X	X	X	X									
Duck Spring Rolls		X		X									X	
Port and Stilton Pâté		X					X							X
Slow Roasted crispy pork belly					X				X				X	

DISHES AND THEIR ALLERGEN CONTENT

Burgers

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Beef & Balsamic Onion		X		X			X							X
Spicy Bean Burger		X							X					X
Chargrilled Chicken		X		X			X		X					X
Chargrilled Chicken Gluten Free														X
Crispy Chicken		X		X			X		X					X
Crispy Chicken Gluten Free														X

DISHES AND THEIR ALLERGEN CONTENT

From the Grill

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Slow roasted rack of ribs					X				X				X	X
Chargrilled piri-piri Chicken							X		X					X
Chargrilled Chicken Kebab		X							X					X
French trimmed lamb cutlets							X							

DISHES AND THEIR ALLERGEN CONTENT

Hot Rock Steaks

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Steak with Blue Cheese							X		X					X
Steak with Pepper Corn Sauce							X		X					X

DISHES AND THEIR ALLERGEN CONTENT

Mains

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Chicken, Mushroom and Bacon							X							X
Beer battered haddock		X		X	X				X					X
Breaded Scampi		X	X	X					X					
Sausage and Mash		X					X							X
Sausage and Mash Vegetarian		X					X							X
Chicken Ceaser Salad		X		X			X		X					
Sphaghetti Bolognese		X												
Sphaghetti Carbonara		X		X			X							X
Macaroni Cheese		X					X		X					X
Macaroni Cheese Vegan		X							X					X

DISHES AND THEIR ALLERGEN CONTENT

Asian

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Hoisin Duck Salad		X							X			X	X	
Pan Fried Fillet of sea bass					X			X				X		
Thai Green Chicken Curry			X											
Thai Green Vegan Curry														
Thai Green Vegetarian Curry														
Crispy Pork Belly							X							X
Crispy Sweet Chilli beef		X					X					X		
Crispy Sweet Chilli Halloumi		X		X			X					X		

DISHES AND THEIR ALLERGEN CONTENT

Sunday Menu

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Sunday Roast		X		X			X							X
Beer Battered Haddock		X		X	X				X					X
Breaded Scampi		X	X	X					X					
Chicken Caesar salad		X		X			X		X					
Cauliflower Cheese		X					X							
Slow Roasted stack of barbeque spare ribs					X				X				X	X

Pizza

DISHES AND THEIR ALLERGEN CONTENT

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Chicken Bacon and Mozzarella		X					X							
Margherita		X					X							
Margherita Vegan		X												
Pepperoni		X					X							
Meat Feast		X			X		X		X				X	
Vegetable		X					X							
Vegetable Vegan		X												

DISHES AND THEIR ALLERGEN CONTENT

Side Dishes

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Bread, Dipping sauce, and olives		X												X
Chips, Skinny fries, Piri Piri Fries, Sweet Potato Fries														
Mixed side salad									X					X
Beer Battered Onion Rings		X												X
Garlic Bread		X					X							
Garlic Bread Vegan		X												
Buttered corn on the cob							X							
Mozzarella sticks		X		X			X		X					
Grilled halloumi									X					X
Coleslaw				X					X					X

DISHES AND THEIR ALLERGEN CONTENT

Side Dishes

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Coleslaw Vegan									X					X
Dips		X		X	X				X				X	X

DISHES AND THEIR ALLERGEN CONTENT

Childrens Menu

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Sausage and Mash		X					X							X
Sausage and Mash Vegetarian		X					X							X
Fish and Chips		X		X	X				X					X
4oz beef burger		X		X			X							X
4oz Chicken burger		X		X			X		X					X
Chicken Nuggets		X												X
Ham, baked beans & chips														
Spaghetti bolognese		X												
Margherita Pizza		X					X							
Margherita Pizza Vegan		X												

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Childrens Menu

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Chicken Bacon, & Mozzarella Pizza		X			X		X		X				X	
Vegetable Pizza		X					X							
Vegetable Pizza Vegan		X												
Pepperoni Pizza		X					X							

DISHES AND THEIR ALLERGEN CONTENT

Baguettes & Paninis

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
BBQ Pulled pork and melted cheese		X			X		X		X				X	X
Pulled pork, apple sauce and crackling		X							X					X
Cheese and Tomato		X					X		X					X
Sausage and caramel-ised onion		X							X					X
Smoked Ham and cheddar cheese		X					X		X					X
Halloumi, mixed peppers and sweet chilli sauce		X					X		X					X
Grilled Chicken, bacon and avocado		X							X					X
Beef and Horseradish		X							X					X

DISHES AND THEIR ALLERGEN CONTENT

Desserts

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Pornstar Panna Cotta							X							
Ice Cream Sundae		X		X			X			X				
Lemon and Rasberry Tart		X		X			X							
Stack of Brownies		X		X			X							
Eton Mess				X			X							
Eton Mess Vegan														
Apple Crumble		X					X							
Churros		X		X			X							
Ice Cream				X			X							
Ice Cream Vegan														

DISHES AND THEIR ALLERGEN CONTENT

Desserts

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Cheese Board	X	X					X							X

DISHES AND THEIR ALLERGEN CONTENT

Breakfast

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
JDs Full English		X		X			X							
Smoked Salmon				X	X		X							
Poached Eggs		X		X										
Scrambled Eggs		X		X			X							
Continental Breakfast		X		X			X							
Eggs Benedict		X		X			X							X
Eggs Florentine		X		X			X							X
Eggs Royale		X		X	X		X							X

DISHES AND THEIR ALLERGEN CONTENT

Bar Snacks

DISHES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Kettle Cheese and Onion							X							
Kettle Balsamic Vinegar														X
KP Thai Nuts	X	X								X	X			
KP Dry Roasted		X								X	X			
KP Salted Nuts	X	X									X			